

## BOOK YOUR TEAM BUILDING WORKSHOP TODAY

Rocky Instincts provides a range of team building programs within QLD. We have the capacity to deliver programs on your premises or at prearranged off-site locations. Please contact us for a quote or a list of standard pricing for programs. We are able to customise each session as required and work closely with organisations to ensure each group gets the maximum benefit from our workshops.

VISIT OUR WEBSITE OR FACEBOOK PAGE TO SEE MORE ABOUT WHAT WE DO AND HOW WE CAN HELP YOUR TEAM BUILD A RANGE OF SKILLS IN A FUN AND RELAXED NATURAL ENVIRONMENT.



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YESTERDAY'S SKILLS  
SURVIVING TODAY

# ROCKY INSTINCTS CORPORATE TEAM BUILDING WORKSHOPS





# EMBRACE YOUR INSTINCTS!

**ROCKY INSTINCTS IS A LOCAL CENTRAL QUEENSLAND BUSINESS THAT SPECIALISES IN TEACHING, PRACTICING AND RETAINING PRIMITIVE SKILLS.**

**PRIMITIVE SKILLS TODAY**  
The primitive skill genre encompasses a range of ancient skills that our ancestors used in their daily lives before we had the luxuries of our modern life. Skills such as friction fire making, cordage and rope making, constructing homes (shelters), creating glue from natural materials, bush tucker, animal trapping techniques, spear throwing and creating

tools from stone, wood and bone to name a few. Although classed as 'primitive' these skills are far from simple. Rocky Instincts has rediscovered the amazing range of benefits of practicing and learning these skills. They are the building blocks of life and learning these practices leads to growth in the physical, mental, spiritual and cultural areas that we as humans need to live.

- BENEFITS TO WORKPLACES**  
Participants will benefit in a range of areas including:
- Improvisation
  - Hand eye coordination
  - Tactile dexterity
  - Physical/mental flexibility & balance
  - 'Out of the box' thinking
  - Personal accomplishment
  - Inter-cultural understanding
  - Team building
  - Problem solving
  - Perseverance
  - Working in a new environment
  - Get to have fun with workmates!

**EXPERIENCE**  
Sessions are delivered by Malachi Conway who has over 10 years experience in training and teaching a range of courses relating to first aid and work place health and safety. Malachi has been delivering workshops since 2015 within Central QLD. We also have the capacity to travel to other regions.

We have developed workshops to deliver quality sessions that meet each client's individual needs. We deliver a range of workshops to a variety of workplaces. Our past clients have included schools, early learning centres, Scout groups, youth development organisations, not-for-profit groups and other clients. Please contact us for references.

**WE ALSO PROVIDE PUBLIC AND PRIVATE WORKSHOPS, YOUTH ENGAGEMENT SERVICES, DEMONSTRATIONS AT EVENTS, SCHOOL PROGRAMS AND CAMPS.**

## FIRE

This amazing element is as important today as it was for our ancestors in the past. We teach and demonstrate a variety of techniques from around the world. Participants will learn to make a fire using real flint and steel, ferro rod, hand drill and bow drill methods to name a few.

## SHELTER

Shelter is one of the most important elements of survival. We demonstrate how natural resources are used to build a shelter. Shelter building requires participants to work together in teams and the finished product provides a great sense of accomplishment and a great photo opportunity!

## STONE TOOLS

Archaeologists today are still discovering the complexities of how our ancestors used stone in their every day lives. Stone was used for axes, spear and arrow heads, knives, chisels and drills to name a few. Flintknapping is the art of creating stone tools from raw materials and we demonstrate a range of techniques and provide age appropriate activities using stone and natural materials to create tools.

## BUSH TUCKER

Nature provides everything we need to survive! Our workshops include looking at foods that are available locally such as seasonal fruits, greens, roots and tubers. We also look at other uses of plants including bush soap, sand paper, dyes, medicines, candles and natural navigation to name a few. We customise activities can also provide an open fire cooking demonstration. Teams are also encouraged to cook together around the open fire - who can make the best meal?

## TRAPPING

No animals are harmed in our activities! We demonstrate and provide the opportunity to learn about animal trapping traditionally. Some of the techniques include the deadfall, cage bird trap and snaring methods.

## CORDAGE

We owe a lot to the humble piece of rope! Our fibre and weaving programs show how our ancestors made items from plants into a variety of products including baskets, bags, nets, shelter building, traps, fishing lines and much more. Everyone can have a go at making their own rope from natural materials.



**YESTERDAY'S SKILLS SURVIVING TODAY**